A MATTER OF SUBSTANCE: AT-A-GLANCE

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A PUBLICATION OF IDPH DIVISION OF BEHAVIORAL HEALTH

DIVISION QUICK FACTS

Alcohol Awareness Month:

Along with many others across the state and nation, IDPH will recognize Alcohol Awareness Month in April. Founded by the National Council on Alcoholism and Drug Dependence, Inc., Alcohol Awareness Month seeks to increase public



awareness and understanding about alcohol use problems, reduce stigma associated with alcohol use problems, and encourage local communities to focus on alcohol-related issues. This year's theme is, "Help for Today, Hope for Tomorrow."

More than 18 million individuals — 8.5% of Americans — suffer from alcohol-use disorders. In addition, millions more of individuals, family members and children experience the devastating effects of problem alcohol use by someone in their life. In fact, 25% percent of U.S. children have been exposed to alcohol-use disorders in their family. Youth who experiment with alcohol before age 15 are four times more likely to become alcohol dependent, making education and prevention critically important to reducing alcohol misuse.

April will be filled with local, state and national-level activities to educate people about the potential risks of alcohol use, with a focus on underage drinking. If you are interested in promoting Alcohol Awareness Month or hosting an event, go to NCADD's Organizer's Guide or to SAMHSA's Town Hall Meeting website.

SASC Open House:

In observance of National Problem Gambling Awareness Month, SASC will host a Gambling Treatment Program Open House in Cedar Rapids on March 11, from 8:00 - 10:00am. For more information, please call 319-294-1599.

New ATR Funding Opportunity Application Released by SAMHSA:

The Substance Abuse and Mental Health Services Administration has released a new Access to Recovery application — ATR 4. As many of you know, ATR provides funding to Single State Agencies (which in Iowa is IDPH) to carry out voucher programs for substance abuse clinical treatment and recovery support services. Iowa has been an ATR grantee since 2007, with the current grant ending in September, and will apply for the new ATR grant. However, ATR 4 is expected to be extremely competitive — total funding has been cut from \$100 million to \$45 million, and the number of grantee awards has been reduced from 30 to 15. In addition, while SAMHSA intends to fund some previous grantees (like Iowa), it also intends to fund a certain number of applicants who have not received an ATR grant in the past. If you're an IDPH ATR contractor or other stakeholder, IDPH staff may contact you for specific input on Iowa's application. If you have questions about ATR or the ATR 4 application, please contact Kevin Gabbert, ATR Project Director at kevin.gabbert@idph.iowa.gov.

LOOK —> We added a second page to this month's newsletter! See the letter from Gil Kerlikowske, Director of the Office of National Drug Control Policy, on preventing opioid overdose. To see a full report on prescription drug abuse, including lowa data, go to http://www.healthyamericans.org/reports/drugabuse2013/.

UPCOMING EVENTS

Gambling Disorder 101: Basic Treatment Approaches and Early Interventions for Pathological Gambling March 26 For more information, go to www.trainingresources.org.

Addiction Through the Eyes of a Child April 4
Peter Waitt Education Center, Sioux City

For more information, go to www.jacksonrecovery.com

Training Without Travel

Check out the online training courses available at www.trainingresources.org.

IDPH funds Training Resources to provide professional workforce development opportunities statewide.

37th Annual Governors' Conference on Substance Abuse Pre-Conference Sessions April 21, Des Moines Veteran's Memorial - Community Choice Credit Union Convention Center.

- Basic Toxicology/Drug Testing
- Ethics for Substance Abuse Counselors

For more information, go to www.trainingresources.org.

37th Annual Governor's Conference on Substance AbuseApril 22-23, Des Moines. Veterans Memorial - Community Choice
Credit Union Convention Center. For more information, go to
www.trainingresources.org.

For more information about the Division of Behavioral Health, visit www.idph.state.ia.us/bh

For questions related to "A Matter of Substance," contact the editors:

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A MATTER OF SUBSTANCE: AT-A-GLANCE

PAGE 2: A LETTER FROM ONDCP DIRECTOR GIL KERLIKOWSKE



Office of National Drug Control Policy

Dear Friend,

Every day, **100 people die from drug overdoses in America**, and about half of those deaths involve opioid drugs—including prescription painkillers and heroin.

The good news is that every overdose is preventable.

Over the past four years, we've worked hard to bring real solutions to this public health and safety crisis. We've dramatically expanded treatment access to millions through the Affordable Care Act to help provide more Americans suffering from substance use disorders with evidence-based treatment, including medication assisted therapy.

We're encouraging the medical community to learn the signs and symptoms of problematic drug use and intervene before substance use becomes a chronic condition. We're bringing law enforcement and health officials together to support the use of innovative tools like naloxone, an amazing overdose reversal drug that's easy to administer and has already saved thousands of lives.

But there's more to do, and we're asking for your help.

Here are four actions you can take—right now—to prevent the next opioid overdose death. **Will you please share them?**

- 1. If you know someone struggling with the disease of addiction, let them know help is available. Give them the treatment referral line phone number: 1-800-662-HELP (4357). It's open 24 hours a day, 7 days a week.
- [Note IDPH funds 24-hour treatment locater services through the lowa Substance Abuse Information Center at www.DrugFreeInfo.org or at 1-866-242-4111.]
- 2. Learn the signs and symptoms of an overdose, and what actions to take. <u>Download and print this simple pocket card</u> that explains how to resuscitate someone who's overdosing.
- 3. Get rid of all unused, expired, or unneeded prescription drugs at home. <u>Here are instructions</u> on how to dispose of unused medicines. The <u>DEA is also hosting a</u> National Take-Back Day on April 26—find a take-back site in your neighborhood.
- 4. Download and share <u>this helpful guide</u> on how to prevent opioid deaths in your community. The guide contains tips and steps that first responders, prescribers, people in recovery and their family members can take to save lives.

Please share these four steps with others.

No one person can end this overdose epidemic alone, but together, **we can—and will—save lives**.

Thank you,

Gil Kerlikowske, Director, National Drug Control Policy